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ABSTRACT

This unit plan for introducing high school students to the game of tennis is divided into objectives and suggested activities. A listing of resource outlets and retail prices for equipment and audiovisual materials is included. Student evaluation procedures are outlined, and a sample evaluation checklist is provided. (LH)

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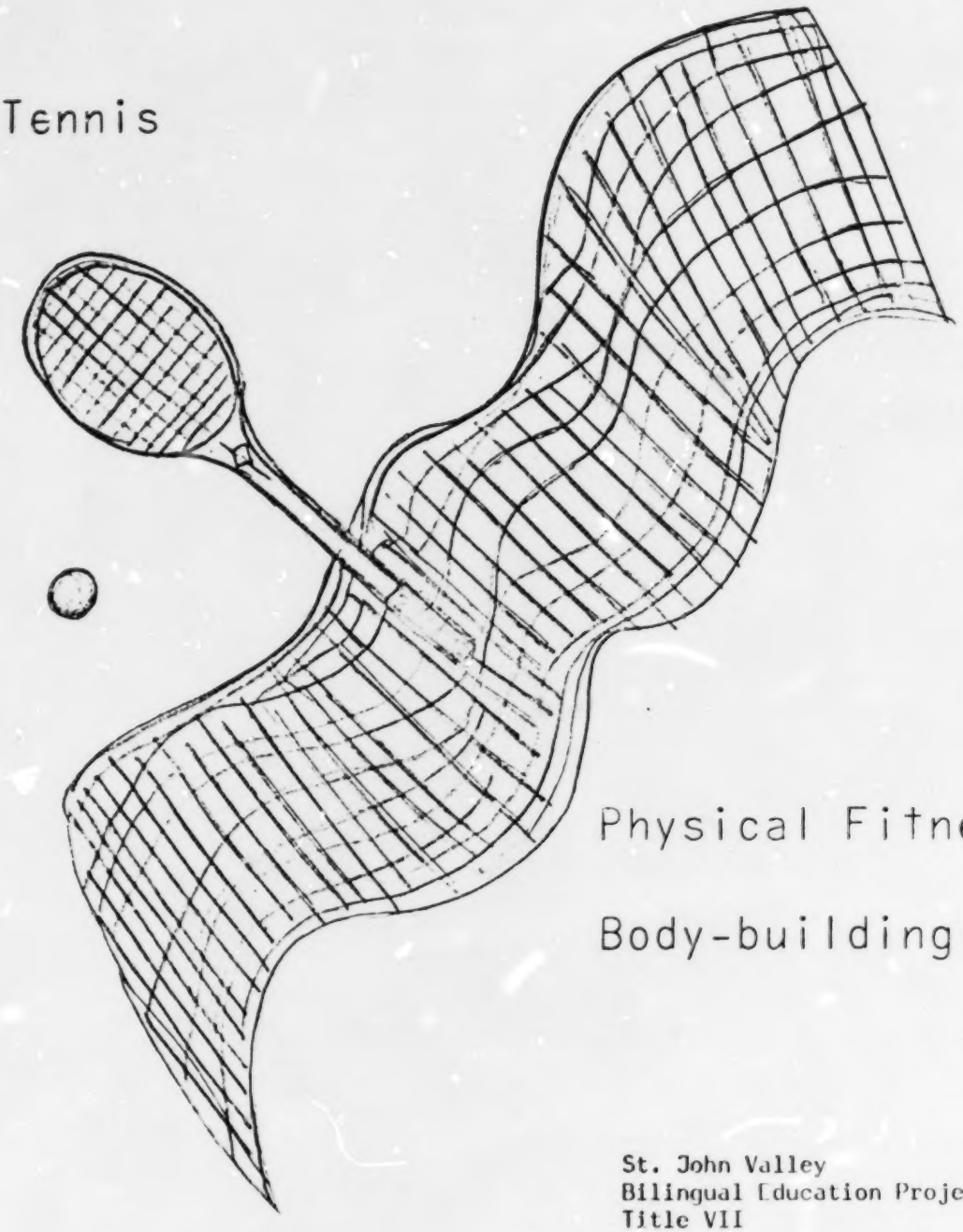
Tennis



Physical Fitness

Body-building

St. John Valley
Bilingual Education Project
Title VII

SP 014 612

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ST. JOHN VALLEY BILINGUAL EDUCATION

TITLE VII

INTRODUCTION

The following units in Physical Education were developed for the St. John Valley Bilingual Education Program at the eleventh grade level. They were suggested by Joe Deschaine at Wisdom High School, St. Agatha, Maine.

The units are intended to introduce students to the game of tennis as well as physical fitness and body conditioning. The purpose of these units are for the student to:

1. possess awareness and skills in a sport which can be played throughout life;
2. participate in an exercise program while at school and for continued use in life.

Dave Veilleux
Ass't Project Director

Suggested Audio-Visual Materials

The following may be obtained from:

Zayre Department Stores

1. Button and String Exercise Thing @ $ 4.95

Flaghouse Inc.
16 W. 18th Ave.
New York, N.Y. 10011

2. Portable Post Set #61
   (Tennis) @ $205.00

Simplex Corp.
Champlain St.
Van Buren, Me. 04785

3. Tennis rackets @ $ 8.25 each

OBJECTIVE: By the end of the unit on Tennis, the eleventh grade physical education student will demonstrate knowledge of the game of tennis so that having studied rules and objectives of the game she/he will achieve at least 90% accuracy on a written test on the rules and objectives of tennis.

Suggested Activities

Activity #1: The student will view films or slides as well as actual demonstrations of the game of tennis. This should lead to a series of discussions of the basic rules and objectives of the game as well as its historical origins.

Activity #2: In hands-on activities a variety of scoring situations playing errors, rule infractions etc. can be demonstrated and analyzed. Student can serve as referee and alternate as a player.

OBJECTIVE: By the end of the unit, the eleventh grade physical education student will demonstrate ability to play tennis so that having studied and practiced the game he/she will be able to play the game according to accepted rules.

Suggested Activities

Activity #1: The student will participate in demonstrations and receiving instructions on the following skills:

a. methods of holding the racket;
b. forehand stroke;
c. backhand stroke;
d. the volley;
e. the lob shot;
f. the smash;
g. service stroke;
h. net play.

Activity #2: The student will receive instruction and participate in demonstrations of playing strategies which can be applied while playing tennis and will attempt these strategies.

EVALUATION:

1. The student will be observed by the teacher in performing the following tennis skills:

   a. holding the racket;
   b. forehand stroke;
   c. backhand stroke;
   d. the volley;
   e. lob shot;
   f. the smash;
   g. service stroke;
   h. net play.

2. The student will be observed in overall playing skill in an actual tennis match.

OBJECTIVE: By the end of the unit, the eleventh grade physical education student will demonstrate knowledge of physical fitness so that having participated in a physical fitness program, he/she will be able to demonstrate a sequence of exercises to develop particular body muscle groups.

Suggested Activities

Activity #1: The student will be presented with a variety of oral and written instructions on exercise and muscle development.

Activity #2: The student will be presented materials related to specific muscles he/she will be working to develop.

Activity #3: Using the exercise aid and exercise program charts the student will perform exercises outlined in phase one.

Activity #4: The student after completing phase one will progress to phase two of the exercise program.

Activity #5: The student will describe individual muscles being developed in each exercise.

EVALUATION:

Teacher observation of exercises performed by student.

Phys Ed
F
Grade 11

EVALUATION CHECKLIST

Teacher _____

School _____

The student demonstrates knowledge of the game of tennis by performing the following skills.

STUDENT NAME	grips	forehand stroke	backhand stroke	volley	lob shot	the smash	service stroke	net play	knowledge of rules	executes playing strategies

Phys Ed
F
Grade 11

EVALUATION CHECKLIST

Teacher_____

School_____

The student will demonstrate knowledge of physical fitness and body building by the following:

STUDENT NAME	Performs sequence of exercises	Relates exercises to specific muscle development